

## Daily Affirmations- October, 2018

**Affirmations** are short, positive statements of belief and behavior. We use affirmations to change beliefs that lead us to destructive, anti-social or addictive behavior in the past.

**Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

**Affirmations** support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

**Affirmations** are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

MON	OCT	1 <sup>st</sup>	I will think positive thoughts.
TUES	OCT	2 <sup>nd</sup>	I am worth it.
WED	OCT	3 <sup>rd</sup>	Even if I fall, I will just get up again, and again, and again, and again.
THURS	OCT	4 <sup>th</sup>	Keep it simple, focus on one change at a time.
FRI	OCT	5 <sup>th</sup>	Life isn't about the number of breaths you take but about the moments that take your breath away.
SAT	OCT	6 <sup>th</sup>	Never give up!!!
SUN	OCT	7 <sup>th</sup>	I am beautifully and wonderfully made. I am love.
MON	OCT	8 <sup>th</sup>	The consequences of my actions teach me the true meaning of responsibility.
TUES	OCT	9 <sup>th</sup>	Love the life you live.
WED	OCT	10 <sup>th</sup>	Imperfection is beauty.
THURS	OCT	11 <sup>th</sup>	Proper Preparation Prevents Poor Performance.
FRI	OCT	12 <sup>th</sup>	Stay positive. Be thankful.
SAT	OCT	13 <sup>th</sup>	Stay in your own lane.
SUN	OCT	14 <sup>th</sup>	Don't give up! Fall down 'n' get back up.
MON	OCT	15 <sup>th</sup>	Change your thoughts and your feelings will change.
TUES	OCT	16 <sup>th</sup>	Organize your life for the miracles on their way, believing always with your heart.
WED	OCT	17 <sup>th</sup>	See and speak the desired end as if it has already been achieved.
THURS	OCT	18 <sup>th</sup>	All that I have seen teaches me to trust God for all I have yet to see.
FRI	OCT	19 <sup>th</sup>	Every day is a test you are going to pass.
SAT	OCT	20 <sup>th</sup>	People don't punch each other, they punch their own misery.
SUN	OCT	21 <sup>st</sup>	Be a better person than yesterday.
MON	OCT	22 <sup>nd</sup>	Sometimes I don't get what I want because I get what I need instead.
TUES	OCT	23 <sup>rd</sup>	Why not go out on a limb? Isn't that where the fruit is?
WED	OCT	24 <sup>th</sup>	The measure of my character is what I would do if I knew I would never be found out.
THURS	OCT	25 <sup>th</sup>	Knowledge is the true organ of sight, not the eyes.
FRI	OCT	26 <sup>th</sup>	Proper preparation prevents poor performance.
SAT	OCT	27 <sup>th</sup>	Progress always involves risks. I can't steal second base and keep my foot on
SUN	OCT	28 <sup>th</sup>	One step at a time, makes the journey.
MON	OCT	29 <sup>th</sup>	Believe none of what you hear and only half of what you see.
TUES	OCT	30 <sup>th</sup>	I am strong and worthy.
WED	OCT	31 <sup>ST</sup>	Though there are many days you are unaware, you truly are a walking, talking miracle! (if you are reading this, this means you!)

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.  
One Day at a Time.